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Chapter 1 by Parkour_Ninja

Once upon a time in a world much like ours, there were two boys. The two boys were very competitive, they were pretty even when it came to physical standards, but one was slightly faster. When it came to schooling the faster one paid a bit more attention and because of this he generally received better grades. The boys names were Julian and Adiah, Adiah being the slightly faster one. Adiah was very into parkour, and Julian was kinda into it but his arm broke and he had to stop for a couple months. There was this one jump that only eighth graders have completed as they knew of, except for Adiah, he had made it many times he first made it in sixth grade, and had done it a bunch more times in seventh. Adiah knew Julian could do it but Julian's brain just wouldn't let him, he has gotten close but put his feet down instead of finishing it. The jump was actually three jumps in a row, a four foot gap, a five and a half foot gap, and another four. This was concrete about a foot of the ground. But one day he finally got his cast off and this gave him motivation, he knew he wouldn't break anything, and if he did it would be because he stopped short. So he told Adiah to follow him and Adiah obliged. They walked from the front gate to the jump and luckily no one was using it to sit in the morning. Julian re-tied his loose shoes and got mentally prepared. He stood up and Adiah said only one thing "Live each day as if it were your last." Julian began jogging but eventually increasing to max speed. He completed

the first, easiest jump and pushed off the ground he got close to landing and he closed his eyes once he hit the ground he realized he was too close to the gap and the platform he was supposed to land on. Knowing he was too close he didn't want to go back to the run up, and tried again. This time he

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With this victory in his mind he knew that no wall was too tall, nor any gap too large to overcome. He decided to train more and more each week. He started researching and testing. Each day he became better and better. Of course he did not train alone, he and Adiah always practiced and trained getting faster and better than they were before. One day while training they were having a race trying to show off their skills, the races and competition made them both want to be better than the other. This race was from the locker room to Mr. Cowens front door, to the MPR and all the way back to the locker room. They used this path often because it had some nice gaps and places for vaulting. They were on the home stretch when Julian began to pull ahead, Adiah immediately responded by trying to get in front. The race was neck and neck, every second they switched 1st and 2nd. Until at the very end it was a photo finish, sadly there was no photo, and no way for them to know who one. But Adiah knew he needed to train harder.

Once he got home he started training first with lunges, then to suicides, and finally to a 30 minute jog to increase his endurance. He went back inside and realized he needed to focus not only on his legs but all other places too, he then started to lift weights, then sit ups and pretty much everything in between. He continued this for a week or two already noticing a difference, and increasing the difficulty each day. He began to test his physical status quo and realized he could do more parkour than he once thought. Finally after a month of conditioning by himself and with Julian. He felt better than ever. But Julian noticed the extreme change in muscle mass on Adiah and started to work out by himself a week after Adiah started.

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